



MTV'S "TRUE LIFE" GET'S UP CLOSE AND PERSONAL WITH NEW TOPICS ON ANGER MANAGEMENT, REFUGEE RESETTLEMENT, COPING WITH LIFE IN THE ARMED FORCES AND MORE PREMIERING ON SATURDAY, FEBRUARY 2ND AT 1PM ET/PT

Viewers Can go to think.mtv.com to Find Resources on Anger Management, Connect with Support for Those with Loved Ones Serving Overseas, Learn More about Refugee Resettlement in the United States and More

New York, NY – January 28, 2008 – For most Americans serving in Iraq there's probably a loved one back home struggling with their long absence. Everyone experiences anger but for some people anger can become a debilitating problem. People all around the world dream of coming to America for a fresh start more opportunities. On Saturday, February 2nd at 1pm ET/PT [MTV's](#) award-winning documentary series, [True Life](#) presents the real life stories of today's youth in three new episodes "I Have a Husband In Iraq," "I Need Anger Management" and "I'm Coming to America."

The following is a more detailed description of each episode (all Times ET/PT):

1pm:

- **"True Life: I Need Anger Management"** – For some people anger can become a debilitating problem, ruining relationships and leading to fights and even incarceration. In this episode of "True Life," we follow three young people who can't control their tempers. John, 23, has been blowing up at his job and is in danger of being fired. Anna, 21, flips out at every little thing and is close to losing her boyfriend. Madison, 21, fights with her mother and sisters and may lose her family. They all know they have a problem, and are going to try and change before their anger costs them the things they love most.

2pm:

- **"True Life: I'm Coming to America"** - People around the world dream of coming to America for a fresh start. Some hope to improve their economic condition, others are fleeing oppression. We follow two young people in this episode of "True Life" who are moving thousands of miles away to start new lives. Bara, 19, is a women's basketball player from Czech Republic hoping to prove herself in a highly competitive Division college program. Thimothy, 21, is a refugee who fled war in Burma and after 10 years in a camp is being resettled to Texas. They're hoping for a chance in the "land of opportunity."

3pm:

- **“True Life: I Have A Husband in Iraq”**- For most Americans serving in Iraq there’s probably a loved one back home struggling with their long absence. On this episode of True Life, you’ll meet three young women Mindi, Ketsy and Crystal who are all doing their best to cope with the loneliness, fear, and added responsibilities that come from being left behind while their husbands fight overseas. Their loved ones may be at war, but they're fighting their own battles at home. Can their relationships survive?

Viewers can go to think.mtv.com to find resources on anger management connect with support groups for those with loved ones serving overseas and learn more about refugee resettlement in the United States. Viewers will also learn about ways of helping refugees in similar situations as the ones featured in this episode.

True Life explores topics relevant to young people by telling their stories through first-person accounts and delves into issues on cultural trends covering matters relating to lifestyle subjects such as health, sex drugs, spirituality, money and more.

Think.MTV.com is a dynamic, multimedia-driven Community and enables youth to easily learn more about the issues that matter to them most, share their opinions – via uploaded online videos, podcasts and blogs – and connect with others to make a difference. The site is one of the only to reward members for positive actions taken online or off, serving up chances to hang out with socially conscious celebs, access to exclusive MTV events, exposure on MTV and other national media outlets, as well as grants, scholarships and more. Think.MTV.com was built with the help of financial support and expertise from founding partners the Case Foundation, Bill & Melinda Gates Foundation, Goldhirsh Foundation and MCJ Amelior Foundation. For more information or to build a profile and become involved, visit Think.MTV.com.

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